

Teenage Health Teaching Modules

Brief Program Description

Teenage Health Teaching Modules (THTM) is a comprehensive, secondary school health education curriculum developed by Education Development Center of Newton, Massachusetts. The program is intended to positively affect student health knowledge, attitudes, practices, and self-reported behaviors. Unlike traditional health instruction, THTM materials are organized according to developmentally based tasks of concern to adolescents rather than by content areas. All modules are intended to build the following seven skills: self-assessment, risk assessment, communication, decision-making, goal setting, health advocacy, and healthy self-management.

A quasi-experimental pretest-posttest control group design was used to assess the effectiveness of THTM in two types of settings in seven states. While the program was successful in producing positive effects on health related knowledge, attitudes, and practices among both junior and senior high school students, THTM had no discernible effects on the self-reported behaviors of junior high school students.

Strategies

THTM comprises a series of instructional modules grouped by grade level. Modules range in length from six to fifteen class sessions and address a wide variety of adolescent health issues. THTM can be used as a stand alone, comprehensive school health education curriculum or as an adjunct to textbook or other curriculum materials. The modules readily fit into a number of different subject areas.

Population

THTM serves middle and senior high school students in grades 6 through 12.

Settings

THTM can be implemented in virtually any rural, urban, or suburban secondary school.

Required Resources

The following materials are available from Education Development Center:

- Teenage Health Teaching Modules curriculum

Implementation Timeline

No special facilities or equipment are required to implement THTM. Training for teachers implementing the program is strongly recommended. To identify a certified THTM trainer in your region, contact Education Development Center.

Approximately 90 45-minute THTM sessions are available at each of the following grade levels: 6-8, 9 and 10, 11 and 12. The developers of THTM recommend a minimal dose of 45 class sessions at each grade level.

Outcomes

In a controlled evaluation study, THTM produced positive effects on health-related knowledge, attitudes, and practices.

- Both junior and senior high school students exposed to THTM exhibited more knowledge about health issues
- Senior high school students showed desired attitudinal changes
- Students in senior high school reported a reduction in drug use, cigarette smoking, and levels of alcohol consumption

The evaluation also found that teachers who received THTM training before they used the curriculum felt more prepared to teach THTM, were less apt to modify the curriculum, and achieved more positive effects on students' knowledge than teachers who did not receive such training.

Contact Information

For indepth information on this program, please use the contact listed below.

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